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1. A method for using a flexible sheet for cutting and handling food articles thereon, comprising:

providing a sheet of flexible resilient plastic material having lay-flat characteristics, a width greater than 6 inches and a length greater than 10 inches;

said plastic material having a Rockwell hardness between 72 and 90;

said plastic material having a thickness between 0.008 inches and [0.060] 0.030 inches;

said sheet having sufficient cantilever beam strength when flexed around the longitudinal centerline and held proximate a first end to support an article spaced at least 10 inches from said first end and weighing at least 5 ounces[];

placing said sheet on a flat surface;

placing a food article on said sheet;

cutting said food article on said sheet using a knife to produce cut pieces;

flexing said sheet to define an arcuate trough shape;

lifting said sheet in said arcuate trough shape off said flat surface to support said cut pieces; and

funneling said cut pieces off said sheet in said arcuate trough shape.

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2. The [sheet] method of claim 1, wherein:
said plastic material is comprised of extruded amorphous polypropylene co-polymer.

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3. The [sheet] method of claim 1, wherein:
said thickness is [between 0.008 inches and 0.030] 0.010 inches.

4. The [sheet] method of claim 1, wherein:
said plastic material is transparent.

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5. The [sheet] method of claim 1, wherein:
said material having a Rockwell hardness in the range of 75–90.

6. A method for using a flexible cutting sheet for food preparation, comprising:
providing a sheet of plastic sheet material having a thickness of less than 0.030 inches and a flexural modulus in the range of 75,000 to 200,000 psi;
said sheet having a Rockwell hardness in excess of 72[.];
placing said sheet on a flat surface;
placing a food article on said sheet;
cutting said food article on said sheet using a knife to produce cut pieces;
flexing said sheet to define an arcuate trough shape;
lifting said sheet in said arcuate trough shape off said flat surface to support said cut pieces; and
funneling said cut pieces off said sheet in said arcuate trough shape.

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7. A [flexible cutting sheet for food preparation] method according to claim 6, wherein:
said sheet having a first dimension in excess of 6 inches and a second dimension, transverse to said first dimension, in excess of 10 inches.

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8. A [flexible cutting sheet for food preparation] method according to claim 7, wherein:
said sheet having a Rockwell hardness in the range of 75–90.

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9. A [flexible cutting sheet for food preparation] method according to claim 6, wherein:
said plastic sheet material comprises extruded amorphous polypropylene co-polymer.

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10. A method for using a flexible cutting sheet for food prepartion, comprising the steps of:
providing a sheet of flexible resilient plastic material having no tendency to curl when placed on a flat surface and having a width greater than six inches and a length greater than ten inches, said plastic material having hardness means and thickness means for inhibiting perforation by a knife when food articles are cut upon it, and said plastic material having flexibility means for accommodating flexure of said into an arcuate trough shape having sufficient cantilever beam strength when flexed around a longitudinal centerline and held proximate a first end to support an article spaced at least ten inches from said first end weighing at least five ounces;
placing said sheet on a flat surface;
placing a food article on said sheet;
cutting said food article on said sheet using a knife to produce cut pieces;
flexing said sheet to define an arcuate trough shape;
lifting said sheet in said arcuate trough shape off said flat surface to support said cut pieces; and
funneling said cut pieces off said sheet in said arcuate trough shape.

11. A flexible cutting sheet for food prepartion, comprising:
a sheet of flexible resilient plastic material;
said sheet having means for resisting curling when placed on a flat surface;
said sheet having a width greater than six inches and a length greater than ten inches,
said sheet having hardness means and thickness means for inhibiting perforation by a knife when food articles are cut upon it; and
said sheet having flexibility means for accommodating flexure of said into an arcuate trough shape having sufficient cantilever beam strength when flexed around a longitudinal centerline and held proximate a first end to support an article spaced at least ten inches from said first end weighing at least five ounces.

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